

## SODIUM SENSE

1. Check labels to see if salt or sodium compounds are added. Learn to recognize ingredients that contain sodium. Any ingredient with sodium or soda as part of its name contains sodium.
2. Season foods with lemon juice, onion and garlic powders (not salts) and herbs and spices (including pepper) instead of salt.
3. Check with a doctor or registered dietitian before using salt substitute. Most salt substitutes contain potassium salts that are not suitable for some people.
4. Whenever, possible, choose fresh vegetables, since most canned and some frozen vegetables contain salt. Never salt the cooking water for vegetables or other foods.
5. Use the salt shaker sparingly. Taste foods first.

## ADD NEW FLAVORS TO FOODS

Add flavor without salt. Herbs and spices can provide a tasteful alternative and give food new zest. To replace salt, try one or more of the following:

Basil	Marjoram	Saffron
Bay leaf	Mint	Sage
Celery seed	Nutmeg	Savory
Cumin	Oregano	Tarragon
Dill weed	Paprika	Thyme
Garlic	Rosemary	

## SALT LOVERS – DON'T DESPAIR!!

You were not born with a preference for salt. You learned it, and this means that you can unlearn it by gradually lowering the amount of salt in your diet. Studies show that people who slowly reduce the amount of salt they eat lose their desire for the salty taste.

## LOWER SODIUM DEFINITIONS

For those who need to cut back their sodium intake, the Food and Drug Administration (FDA) requires that processed foods with nutrition information tell how much sodium they contain per serving. Here is the FDA's new glossary of lower sodium terms that manufacturers can use when they make a sodium claim:

**SODIUM FREE:** Less than 5 mg per serving

**VERY LOW SODIUM:** 35 mg or less per serving

**LOW SODIUM:** 140 mg or less per serving

**REDUCED SODIUM:** At least 75% reduction in the usual sodium level